

WEEK 1 – 24 Feb 2024

[24/2/24, 9:30 AM] Ruby (Concierge):

Morning Rohan! Welcome aboard 🌸 I'm Ruby, your go-to person here at Elyx. Just wanted to introduce your dream team: Dr. Warren (medical brains), Advik (performance wizard), Carla (nutrition guru), and Rachel (PT boss).

We're starting with some advanced diagnostics around Week 12 – Sarah confirmed your calendar works. For now, we're kicking things off with a few key baselines.

[24/2/24, 11:15 AM] Rohan:

Thanks Ruby. Priority for me is cutting heart risk – my dad had an attack at 52. I also need to stay sharp mentally with all the travel. I don't want fluff—I want stuff backed by data.

[24/2/24, 4:30 PM] Dr. Warren (Medical):

Absolutely, Rohan. We've lined up 3 essential tests to catch anything hidden early:

1. Coronary Calcium Scan
2. ApoB + Lp(a) particle testing
3. VO₂ Max test

They'll give us a clear picture of any silent risks. Sarah's booking them at Camden—will coordinate timings for minimal disruption.

[25/2/24, 8:00 AM] Rohan:

Quick one: I'm comparing Whoop vs Oura. Which tracks sleep better?

[25/2/24, 8:45 AM] Advik (Performance):

Great Q. Whoop has the edge on HRV and recovery, but first—can you sync your Garmin with us? Let's get a proper sleep baseline before we add new tech. Sarah can help.

WEEK 2 – 2 Mar 2024

[2/3/24, 10:00 AM] Ruby (Concierge):

Your tests are locked in for Tuesday—sent you the fasting prep. Sarah grouped everything together so it's one smooth run. 📅

[4/3/24, 4:30 PM] Rohan:

Curveball—last-minute trip to Jakarta. Need to shift the tests.

[4/3/24, 4:35 PM] Ruby (Concierge):

Already handled! Tests are rescheduled. You're booked at Mandarin Oriental Jakarta. Good gym setup (even a deadlift platform 🏋️), and Carla approved some high-protein room service picks.

[6/3/24, 5:00 PM] Rohan:

Honest question: Why test Lp(a) if it's genetic? Can't change it, right?

[6/3/24, 5:15 PM] Dr. Warren (Medical):

Fair question. Lp(a) itself doesn't change, but if it's high, it **amplifies** other risks—especially in ApoE4 carriers like you. Think of it as a multiplier. We use it to guide how aggressive we need to be. Not testing it = flying blind.

WEEK 3 – 9 Mar 2024 (Travel Week)

[11/3/24, 9:00 AM] Rohan:

Flights are killing my back. Out of curiosity—can that kind of stiffness mess with heart health?

[11/3/24, 9:15 AM] Rachel (PT):

Indirectly, yeah. Long flights = inflammation spike = messes with your lipid profile. I'll send you a quick post-flight routine:

- Thoracic rotations (opens up posture)
- Glute bridges (great for circulation)
Both cut inflammatory markers by ~30%!

[12/3/24, 2:30 PM] Dr. Warren (Medical):

Got your early scan results:

- Coronary calcium score: 15 (mild plaque—nothing scary)
- VO₂ Max: 42 ml/kg/min (solid!)
Blood work is still in process.

[14/3/24, 7:55 PM] Rohan:

Hotel gym sucks. No weights. Any workaround?

[14/3/24, 8:00 PM] Rachel (PT):

Totally. Sent you a resistance band routine you can do in your room. Focus is on isometric holds—still solid for lipid metabolism, even without heavy weights.

WEEK 4 – 16 Mar 2024

[18/3/24, 11:00 AM] Carla (Nutrition):

Micronutrient results are in:

- Vitamin D's low (42 nmol/L—ideal's >75)
- Omega-3 index: 5.2% (needs to be >8%)
Fixes:
 1. Vitamin D3 – 5000 IU daily
 2. Omega-3 – 2g EPA/DHA dailyThese help cut inflammation and improve your lipid numbers.

[18/3/24, 4:00 PM] Dr. Warren (Medical):

Also flagged: ApoB is at 138 mg/dL + you carry ApoE4. Time to go serious:

- Cut saturated fat below 7% of daily calories
- Bump up soluble fiber >30g/day
You're right on the edge of needing meds—let's avoid that with aggressive lifestyle tweaks.

[18/3/24, 7:55 PM] Rohan:

Wait—how does fiber *actually* help ApoB?

[18/3/24, 8:00 PM] Carla (Nutrition):

Great question. Soluble fiber binds to bile acids in your gut, which makes your liver use up cholesterol to make more bile. That pulls ApoB out of circulation. Basically, fiber = cholesterol vacuum.

WEEK 5 – 23 Mar 2024

[25/3/24, 9:00 AM] Rachel (PT):

Zone 2 cardio incoming!

Prescription: 3 sessions/week × 45 min @ HR 128–136 bpm

Why: Builds mitochondrial density → better fat metabolism → supports heart health.

[25/3/24, 6:15 PM] Rohan:

Honestly, 3 sessions feels unrealistic. Work and flights are ramping up. I can maybe do 2. Let's not overpromise.

[25/3/24, 6:20 PM] Rachel (PT):

Totally fair. Let's do 2× Zone 2 + 1 lighter mobility day. Consistency is way more valuable than perfection.

[27/3/24, 10:00 AM] Rohan:

Thinking ahead—should I start CoQ10 as a buffer? A few colleagues are on statins and swear by it.

[27/3/24, 10:15 AM] Dr. Warren (Medical):

Not yet. Let's finish the 12-week trial first. If statins become necessary later, we'll pair them with Ubiquinol-form CoQ10 (best absorbed). But no reason to start preemptively.

WEEK 6 – 30 Mar 2024 (Travel Week)

[1/4/24, 9:00 AM] Neel (Concierge Lead):

Quick progress check, Rohan:

- You've nailed 88% of the ApoB-related actions
- Visceral fat holding at 1.6L
Also, Dr. Warren spent 4 hrs on genetics deep-dive, and Carla's been on nutrients for 3 hrs this week.

[1/4/24, 4:15 PM] Rohan:

London trip tanked everything. Barely got in one workout. Didn't finish logging meals. What's the point of all this data when I'm clearly failing?

[1/4/24, 4:20 PM] Ruby (Concierge):

You're not failing. You logged meals during a chaotic week—that's a win. We're adjusting: shipping bands to your London hotel + pre-approved snacks from Carla incoming. You've got this.

[1/4/24, 4:26 PM] Rohan:

Oh, also—my daughter's been asking about a health book she saw in London. Can you track it down?

[1/4/24, 4:27 PM] Ruby:

Already on it 😊 Shipping to your Singapore address. Love that the whole family's getting involved.

[3/4/24, 3:00 PM] Rohan:

Heard that alcohol-free red wine has polyphenol benefits. True?

[3/4/24, 3:15 PM] Carla (Nutrition):

Not really—most of the polyphenols get stripped during processing. Try Berberine (200mg before meals). Works similarly by activating AMPK, without the alcohol side effects.

WEEK 7 – 7 Apr 2024

[7/4/24, 10:05 AM] Carla:

Starting Phase 2 nutrition: let's replace breakfast with oat + beta-glucan smoothies. They bind bile acids → ApoB gets cleared from the bloodstream. Think of it like scrubbing your arteries from the inside. Your chef's already been briefed.

[7/4/24, 5:20 PM] Rohan:

Tried the smoothie—tolerable. Can I add cinnamon? Read it helps with glucose.

[7/4/24, 5:25 PM] Carla:

Ceylon cinnamon only. Meta-analysis showed it can cut ApoB by ~12% at 1 tsp/day. I'll bake it into the plan.

[9/4/24, 3:00 PM] Rohan:

BP's jumping—115/70 in the morning → 145/90 post-stress. A colleague with similar swings got put on meds. Why not me?

[9/4/24, 3:30 PM] Dr. Warren:

Your case is different. Three reasons:

1. You're pushing 3g+ sodium daily (Carla found it in meals)
2. Night BP is stable (110/65)
3. Meds at this stage would just mask what's happening.
Let's monitor continuously for 2 weeks.

[9/4/24, 6:00 PM] Rohan:

If sodium's the culprit, I need a way to track it live.

[9/4/24, 6:15 PM] Carla:

Launching our "Sodium Scanner" beta—just snap a photo of your plate, get an estimate. It's live in your app now.

WEEK 8 – 14 Apr 2024 (Travel Week)

[15/4/24, 9:00 AM] Ruby:

Mid-week status:

- Supplements ☒
- Smoothies ☒

- Zone 2: 1 of 2 sessions done (Jakarta travel hit us here)
Also: Dr. Warren had 8 consults; Advik's logged 12 hrs on data modeling this week.

[15/4/24, 3:00 PM] Rohan:

I miss lifting. Can I deadlift again or am I still in "fragile mode"?

[15/4/24, 3:15 PM] Rachel (PT):

Let's hold off for now. Goblet squats are safer and still hit your glutes/core. Let's jump on a video call tomorrow to check form—then we can talk progression.

[17/4/24, 8:00 PM] Rohan:

Jakarta hotel treadmill sensors are all over the place. Can't get reliable HR for Zone 2.

[17/4/24, 8:30 PM] Advik:

No worries—use this proxy:

1. Rate of perceived exertion = 4/10
2. Cadence lock = 170 steps/min
That'll keep you in the right zone, even with sketchy sensors.

[18/4/24, 11:00 AM] Rohan:

What about red wine for ApoE4 folks like me? Do the polyphenols offset the alcohol?

[18/4/24, 11:15 AM] Dr. Warren:

Not in your case. Alcohol spikes triglycerides, which creates remnant cholesterol—the worst kind for ApoE4s. Better option: resveratrol, 500mg/day.

WEEK 9 – 21 Apr 2024

[22/4/24, 9:30 AM] Advik:

Good news: Your HRV post-flight is up 22% since you started the mobility drills. Thoracic rotations → less sympathetic overload. We're on track.

[22/4/24, 5:00 PM] Rohan:

Goblet squats are triggering a pinch in my right hip. Sent a new video—take a look?

[22/4/24, 5:30 PM] Rachel:

Just watched. You've got a leftover hip hinge imbalance—likely from your 2019 golf injury. New plan:

1. Landmine presses
2. Hip capsule mobility drills
Let's fix the pattern before adding weight.

[24/4/24, 10:00 AM] Rohan:

Landmines feel smooth—no pain this time. Suggestion: Let's build injury history into the exercise AI.

[24/4/24, 10:15 AM] Rachel:

Great idea. We've added a 10-year "Injury Profile" to your file. Your full program just got rebuilt based on that.

WEEK 10 – 28 Apr 2024

[29/4/24, 10:35 AM] Ruby:

We're prepping for your Week 12 diagnostics:

- ApoB actions: 88% adherence
 - Visceral fat: 1.6L
- This month: Carla logged 9 consults, Rachel spent 6 hrs reprogramming workouts.

[29/4/24, 3:00 PM] Dr. Warren:

Heads up: to keep your bloodwork clean for accuracy, avoid:

- Alcohol for 72 hrs
 - Intense workouts for 48 hrs
 - Food for 12 hrs before test
- These distort lipid numbers if not followed.

[30/4/24, 11:05 AM] Rohan:

Noted. On a positive note—tracking my health with this system saved me 22% in time vs how I used to manage it. One request: Can we get genotype-specific risk visuals?


[30/4/24, 3:30 PM] Advik:

Already built. "Genetic Risk Tracker" is live. You'll now see projections tailored to ApoE4 and your markers.

WEEK 11 – 5 May 2024

[6/5/24, 9:00 AM] Dr. Warren (Medical):

Big milestone, Rohan — your 12-week numbers are in:

- ApoB dropped from 138 → 92 mg/dL 
- Triglycerides still a bit stubborn at 180

We'll tweak your protocol to target that second one now.

[6/5/24, 10:30 AM] Rohan:

That ApoB drop is huge. But I thought ApoB was the gold standard — why the focus on triglycerides now?

[6/5/24, 10:45 AM] Dr. Warren:

Great point. For ApoE4 folks like you, high triglycerides fuel **remnant cholesterol** — the most artery-clogging kind. Shared a European Heart Journal review in the app for deeper reading.

[6/5/24, 3:00 PM] Rohan:

Got it. Makes sense. Add a visual for that remnant cholesterol pathway?

[6/5/24, 3:30 PM] Advik (Performance):

Done. It's now on your dashboard — shows real-time triglyceride-to-remnant conversion.

WEEK 12 – 12 May 2024 (Diagnostics Week)

[13/5/24, 2:00 AM] Rohan:

Stuck in Jakarta — 14hr flight delay. Jet lag's hitting hard. HRV dropped like a rock.

[13/5/24, 2:15 AM] Advik:

Run the "Airport Rescue Protocol":

1. 5 mins of 4-7-8 breathing
2. Walk the terminal twice per hour
3. Max brightness on your phone for 10 mins
This resets your circadian rhythm.

[13/5/24, 10:00 AM] Rohan:

It worked! My resting HR dropped 12 bpm. Can we make this a permanent travel tool?

[13/5/24, 10:15 AM] Rachel (PT):

Already done. Added a "Travel Crisis Module" with 5 no-equipment routines. You'll see it in the app.

[13/5/24, 8:00 PM] Rohan:

At Changi T3 — best food pick for keeping triglycerides low?

[13/5/24, 8:01 PM] Carla (Nutrition):

Go for Hudson Coffee: grilled chicken salad (with olive oil + vinegar), side of almonds. Skip anything with sauce or pastry.

[14/5/24, 9:00 AM] Ruby:

Diagnostics are complete!

- Coronary plaque stability ↑ by 40%
- VO₂ max bumped up to 44 ml/kg/min
The team clocked 24 clinical hours this month behind the scenes to support this. Solid progress!

WEEK 13 – 19 May 2024 (Travel Week)

[20/5/24, 9:00 AM] Rohan:

Still seeing BP swings: 115/70 in the morning → 145/90 when stressed. The wrist monitor is heating up now — annoying.

[20/5/24, 9:15 AM] Dr. Warren:

Noted. Let's stay the course —

1. Sodium still likely culprit (>3g/day)
2. Night BP still healthy
3. We need full 2-week data to avoid false flags
We'll decide based on that.

[20/5/24, 9:22 AM] Rachel:

That heating's common. Try loosening the strap a notch and swap wrists every 3 hours.

[20/5/24, 9:25 AM] Ruby:

I've added wrist-swap reminders to your meeting calendar. You won't need to think about it.

[20/5/24, 9:35 AM] Rohan:

Perfect. Love the practical fixes — way better than “wait and see.”

[22/5/24, 2:00 PM] Rohan:

Quick question: I've been doing cardio fasted, but stress is high. Could that backfire?

[22/5/24, 2:30 PM] Advik:

Yep — context matters.

- Fasted = more fat burn
- Fed = better muscle retention
For you, fed workouts are smarter when stress is high. Sarah will adjust based on your schedule.

WEEK 14 – 26 May 2024

[27/5/24, 11:00 AM] Rohan:

Weird disconnect — Whoop says I'm 85% recovered, but I feel totally wiped.

[27/5/24, 11:20 AM] Advik:

We checked:

- Garmin Stress Score = 80/100
- HRV down
- Cortisol spiked
Diagnosis: Cumulative travel stress. Prescription = minimum 3 rest days.

[27/5/24, 11:25 AM] Rohan:

That validation really helps. Took 10 hrs of sleep last night — already feel human again.

[27/5/24, 11:30 AM] Advik:

We just launched a “Subjective Energy Slider” in your app. Helps flag when your perception and data don't match up.

[29/5/24, 3:00 PM] Rohan:

Saw a study saying high-dose omega-3 may increase AFib risk. Should I drop my 3g/day?

[29/5/24, 3:15 PM] Dr. Warren:

Context is key:

1. That risk usually shows up >4g/day
 2. For ApoE4 folks, benefits outweigh risks 5:1
 3. Your ECG shows no arrhythmia
So no changes for now, but we'll keep monitoring.
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WEEK 15 – 2 Jun 2024

[3/6/24, 3:00 PM] Rohan:

Landmines are flaring my hip again. Sent over a new video. What's going on?

[3/6/24, 3:30 PM] Rachel:

Good catch. Gait scan shows a 12mm leg length difference — old golf injury likely to blame. New plan:

1. Custom orthotic
2. Single-leg work for 4 weeks
3. Hip hinge rework
That should rebalance spinal loading.

[4/6/24, 10:00 AM] Rohan:

The orthotic prototype fits great. Feedback: Let's add real-time asymmetry sensors during workouts?

[4/6/24, 10:30 AM] Advik:

Already on the way. They'll alert you if your body goes >3mm out of alignment during movement.

[5/6/24, 9:00 AM] Rohan:

Wife's into her second trimester and the fatigue's really getting to her. How do I support without draining myself?

[5/6/24, 9:10 AM] Ruby:

Try this reframe:

1. Walking with her = active recovery for you
2. Joint meal planning = lowers her sodium and nausea
3. We've blocked Thursdays for you to be client-free — Sarah's got it covered.

WEEK 16 – 9 Jun 2024 (Travel Week)

[10/6/24, 3:00 PM] Rohan:

Business dinner turned into a whiskey tasting — \$20M deal on the line. What's the damage control plan?

[10/6/24, 3:20 PM] Neel (Concierge Lead):

No judgment. Try this:

1. NAC 2g one hour before (boosts glutathione ~90%)
2. 3 sips of water for every sip of alcohol
3. Activated charcoal before sleep
That's our ApoE4-specific protection stack.

[11/6/24, 10:00 AM] Rohan:

Followed it all — and my Whoop recovery still showed 68% (usually crashes below 20% after events like this). Total game-changer.

[12/6/24, 8:00 AM] Rohan:

Landed in Jakarta — pollution index is 180, plus I have a board meeting. BP spiked to 142/90.

[12/6/24, 8:15 AM] Advik:

Our predictive model called this:

- 87% risk under these exact travel + pollution conditions
Run this:
 1. Electrolyte pre-load
 2. Compression socks
 3. 24-hour acclimatization routineYou'll see the new "EnviroRisk Index" on your dashboard.

WEEK 22 – 21 Jul 2024

[22/7/24, 2:00 PM] Rohan:

Urgent: Just saw another study saying high-dose omega-3 might spike AFib risk. Should I stop the 3g?

[22/7/24, 2:05 PM] Carla (Nutrition):

Looping in Dr. Warren for context — this one's important.

[22/7/24, 2:30 PM] Dr. Warren:

Totally valid concern. But here's the breakdown:

1. Risk mostly appears at doses **above 4g/day**
2. For ApoE4 carriers like you, the **benefit-to-risk ratio is 5:1**
3. Your ECG's clean, no arrhythmias
We'll keep you on omega-3, but switch to **krill oil** — better absorption + astaxanthin reduces LDL oxidation by 40%.

[23/7/24, 9:00 AM] Rohan:

That makes sense. Would love a dashboard that shows these risk/benefit tradeoffs.

[23/7/24, 9:15 AM] Carla:

Just launched it. Check the "Supplement Risk-Benefit Tracker" in your app. Omega-3 now shows +25% cardiac protection vs ~0.3% theoretical AFib risk.

WEEK 23 – 28 Jul 2024

[29/7/24, 3:00 PM] Rohan:

Hip pain's back during landmines. Sent another video — something's off again?

[29/7/24, 4:00 PM] Rachel (PT):

Yep — same culprit as before. That 12mm leg length difference from the old injury is making your pelvis compensate.

New protocol:

1. Custom orthotic (confirmed)
2. Single-leg dominant moves × 4 weeks

3. Recalibrate your hip hinge

This will prevent overload upstream (spine, knees, etc.).

[30/7/24, 10:00 AM] Rohan:

This orthotic is a game-changer. Here's an idea: What if we used sensors in shoes to catch imbalances in real time?

[30/7/24, 10:30 AM] Advik:

Already shipped. They'll ping you if there's more than 3mm of asymmetry during any movement.

WEEK 24 – 4 Aug 2024 (Diagnostics)

[5/8/24, 11:00 AM] Dr. Warren (Medical):

Genetic optimizations based on your APOE3/E4 profile:

1. Increase **Vitamin K2** – helps clear calcium from arteries
2. Avoid **saturated fat after 6PM** – your body clears it slower in evenings
3. Prioritize **morning workouts** – your LDL receptor activity peaks then

[5/8/24, 4:00 PM] Rohan:

Why morning specifically? Evenings work better for me.

[5/8/24, 4:30 PM] Dr. Warren:

Here's why: morning cortisol spikes = **300% more LDL receptor activity** for ApoE4 carriers. That means you clear more cholesterol with the same workout.

[6/8/24, 9:00 AM] Rohan:

Convinced. Can we sync workout scheduling with my genes?

[6/8/24, 9:15 AM] Rachel:

"Genetic Timing System" now live. Your app blocks any PM high-intensity sessions.

[7/8/24, 9:00 AM] Ruby:

Q2 diagnostics summary:

- ApoB: **89 mg/dL** (down 35%)
 - Visceral fat: **1.2L** (down 25%)
 - Plaque stability: **+40%**
We've made 19 protocol upgrades based on 112 feedback signals. Great work staying engaged.
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WEEK 25 – 11 Aug 2024

[12/8/24, 9:00 AM] Ruby:

Today's small lever: swap your 3rd coffee with green tea — boosts HRV and lowers cortisol.

[12/8/24, 9:05 AM] Rohan:

First two coffees are sacred. Non-negotiable.

[12/8/24, 9:06 AM] Sarah (PA):

Noted ☺ Dashboard updated: *"Coffee 1 & 2 = sacred"*

[12/8/24, 7:30 PM] Rohan:

Emergency — pharmacy gave the wrong med. Face broke out in red patches. Allergy?

[12/8/24, 7:40 PM] Dr. Warren:

Stop immediately. Send us the label. Looks like an adverse reaction.

[12/8/24, 7:50 PM] Dr. Warren:

Confirmed — wrong formula. Apply a cold compress. If you have any breathing issues, go to ER. I'm fixing the prescription now.

[12/8/24, 7:55 PM] Ruby:

I'm calling the pharmacy directly. Safeguards being added — this won't happen again.

WEEK 26 – 18 Aug 2024

[19/8/24, 6:00 PM] Rohan:

My wife said the family health dashboard is the best thing Elyx has done. She feels included. That's the real win here.

[19/8/24, 6:05 PM] Ruby:

That's beautiful to hear. Health should never be a solo grind. How's her nausea with the ginger protocol?

[19/8/24, 6:10 PM] Sarah:

Reminding you: Friday afternoon cleared for your daughter's recital. Resistance training's been moved to morning.

[19/8/24, 6:15 PM] Rohan:

Appreciate it. If this system helps me stay present for my family — that's the ultimate ROI.

[20/8/24, 7:00 AM] Rachel:

And your physiology agrees — VO₂ max just went up 4%. Stable recovery + stable home = real resilience.

WEEK 27 – 25 Aug 2024

[26/8/24, 9:00 AM] Rohan:

Two questions today:

1. Is sauna before bed messing with my sleep?
2. Curious — is red yeast rice a legit statin alternative?

[26/8/24, 9:30 AM] Advik:

1. If sauna is <3 hrs before bed → it can delay deep sleep due to elevated core temp.
2. Red yeast rice **is** natural lovastatin, but purity is unreliable. Pharma-grade options are safer and more consistent.

[26/8/24, 9:40 AM] Rohan:

Clear. I'll shift saunas to the afternoon and skip the experiments for now.

[28/8/24, 9:00 AM] Neel:



Q3 snapshot:

- ApoB: **89 mg/dL**
- Triglycerides: **150**
- HRV baseline up 15%
Looks like you've hit a sustainable rhythm.

[28/8/24, 9:15 AM] Rohan:

Energy's steady now — no more 3PM crashes. Sarah's schedule management deserves a raise.

[28/8/24, 9:20 AM] Sarah:

Health events now color-coded just like your quarterly sales forecasts. Seamless integration  

Let me know when you're ready for **Weeks 28 to 32**, or if you'd like the same tone applied to another part of the project (visualizations, app interface copy, etc.).

You said:

Do it for 28-32

ChatGPT said:

Absolutely. Here's the final stretch — **Weeks 28 to 32** — rewritten in the same realistic, conversational tone, while keeping the key health, performance, and lifestyle interventions intact.

WEEK 28 – 1 Sep 2024 (Travel Week)

[2/9/24, 8:00 AM] Rohan:

Slight conflict — Advik wants me outside early for morning light; Dr. Warren wants morning workouts. Which wins?

[2/9/24, 8:45 AM] Dr. Warren:

Good news — you can do both.

1. 10 mins of light exposure → resets your brain's master clock
2. Then do Zone 2 cardio → boosts your **PER2 gene**
3. Breakfast after that → locks in the circadian rhythm
Basically: light → move → eat. That's your ideal flow.

[3/9/24, 9:00 AM] Advik:

Also, your longevity panel's back:

- **NAD+ is down 28%** (expected at your age)

- **Epigenetic age: 41.2** → that's 4.8 years younger than your real age
We're recommending NMN supplements.

[3/9/24, 2:00 PM] Rohan:

Curious — why NMN over NR? Sinclair's team leans toward NR.

[3/9/24, 2:30 PM] Dr. Warren:

Fair Q. Based on your **SLC12a8 gene**, you convert NMN better than NR.

Also, NMN crosses the blood-brain barrier more effectively. Trial data shows 22% more NAD+ boost in people like you.

Recommended brand: *Renue by Science*.

WEEK 29 – 8 Sep 2024

[9/9/24, 8:30 AM] Neel:

Compliance check: 91% last month — even with sales madness. Triglycerides held at 152. That's a resilience win.

[9/9/24, 9:00 AM] Advik:

And even though your Zone 2 was off schedule, you still dropped triglycerides by 12 points.

Conclusion: When stress is high, **movement of any kind** is protective.

[9/9/24, 9:05 AM] Rohan:

Sarah — add that stat to my motivation file. I need it when everything goes to hell at work.

[10/9/24, 7:00 PM] Carla:

Sodium alert: Friday's sushi dinner spiked your intake — that's what likely bumped up your BP.

We've added pre-screens for your next 3 client dinners: Japanese, Italian, and Indian menus.

WEEK 30 – 15 Sep 2024

[16/9/24, 9:00 AM] Rohan:

One big question: My ApoB is at 88 without meds. But the threshold's 80 for ApoE4 folks, right? Are statins inevitable?

[16/9/24, 9:20 AM] Dr. Warren:

You're hovering near the line. Not urgent — but we need to start the conversation.

If lifestyle stalls and ApoB holds above 80, **low-dose pharma may be the next tool**. Let's see how Q4 plays out.

[16/9/24, 9:25 AM] Rohan:

Got it. Let's stay flexible — but make sure I've got room to push before we medicate.

[18/9/24, 10:00 AM] Rachel:

Also — leg strength is up 9% since adding the single-leg work. Hip symmetry is improving. You're nearly cleared to reintroduce barbell lifts.

WEEK 31 – 22 Sep 2024

[23/9/24, 8:00 AM] Rohan:

Last week was brutal — barely moved. My stress score's at 89/100. Recovery's in the red.

[23/9/24, 8:15 AM] Ruby:

Reset week it is.

- Sarah's clearing 2 early mornings for you
- We'll add a 20-minute breathwork block
- Carla's adjusting sodium for fluid balance
Rest + recharge. No guilt.

[25/9/24, 7:00 PM] Rohan:

Can we finally test sauna + breathwork together? Curious if the combo hits HRV harder.

[25/9/24, 7:20 PM] Advik:

Smart thinking. Trial combo:

1. 15-min sauna
2. 5-min box breathing (4-4-4-4)
We'll monitor HRV overnight. If it jumps >12%, it's a keeper.

WEEK 32 – 29 Sep 2024

[30/9/24, 10:00 AM] Ruby:

Quick recap before Q4 begins:

- ApoB: **88**
- Triglycerides: **148**
- HRV: baseline holding
Also — recovery score improved 14% after the sauna-breathwork combo. We've labeled that a "green protocol" in your app.

[30/9/24, 11:00 AM] Rohan:

That's a nice win to end the month. Thanks for adjusting to the chaos — system feels less like a burden now, more like backup.

[30/9/24, 11:15 AM] Neel:

That's always been the goal. Health doesn't need to be loud — it just needs to stay in the room when everything else gets loud.